

LIFESTYLES



Local Beach offers wealth of recreation

Bellows activities, beach make weekend family getaways fun

Story and Photos by
Sgt. Robert Carlson
Press Chief

Living in paradise has its advantages. With hundreds of pristine coastal playgrounds on the island, and the opportunity to participate in just about any outdoor activity imaginable, Oahu residents have plenty of choices when they want to escape from the daily grind and enjoy a day in the sun.



For less than the price of a gallon of gas, guests can hit a bucket of balls at Bellows' serene driving range.

S u n s e t
B e a c h ,
P i p e l i n e ,
W a i k i k i ,
S a n d y
B e a c h ,
and other famous beach spots are popular for their waves or their location, but none come close in sheer beauty and fun to one of the lesser-known beaches here.

Bellows Air Force Station in Waimanalo has nearly three miles of clean, sandy beach, and since most

of the coast there is reserved for service-members, retirees, DoD employees and their families, it rarely gets as crowded as some of the other popular shoreline sites on the island.

With calm surf throughout most of the year, and almost no exposed rocks or coral, Bellows is a great place for the entire family to enjoy the ocean.

More than 350,000 beachgoers visit Bellows each year, and the campsites and cabins are near 100 percent capacity all year. In addition to the rental cabins and campsites, Bellows offers dozens

of other activities including a serene driving range, one of Oahu's three miniature golf courses, snorkeling, tennis, and paintball.

Just off the Kalaniana'ole Highway in Waimanalo, Bellows is marked with a simple brown sign flanked by palm trees. Inside the gate is Marine Corps Training Area Bellows, and the area is open to the public on weekends and holidays, but closed for training during the week.

Two and a half miles inside the first gate is another gate where the recreational part of Bellows begins. Cabins on the beach side of the road are for all ranks and services and can be reserved for up to 14 days at a time. Bellows has 107 cabins, and each has a kitchen, microwave, two bedrooms, television and other amenities.

Bellows has 52 regular campsites and four group sites. Campsites can have up to two tents and 10 people, and the group sites can handle 50-75 people.

No matter if guests stay in a cabin or tent, or just visit for the day, activities at Bellows are abundant.

Bellows offers weekend historical tours by van, during which visitors see key landmarks on the installation and learn what it was like to be stationed at Bellows when the Japanese attacked on Dec. 7, 1941.

The history-rich station tour is an interesting addition to any

weekend getaway, and according to Kim Mills, marketing director for Bellows, it's one of the most popular attractions.

Visitors looking for a little more excitement can sign up for an extensive trip back in time during a 7-mile mountain bike tour.

Other popular activities include beginner and advanced kayaking classes, body boarding and snorkeling lessons and Bellows' own 'Beach 101' class.

Bellows offers the 'Beach 101' class to inform visitors about the sea turtle sanctuary, archeological sites where some of the earliest signs of life in Hawaii have been discovered, and one of the youngest lava flows in the islands.

The geophysical and archeological sites aboard the installation are a great educational opportunity for guests.

The outdoor recreation department at Bellows is constantly expanding and offers hundreds of rental items ranging from backpacks and basketballs to popcorn machines and dunking booths.

The staff in the reservations office at

Bellows offers discounts to some of the island's other popular attractions like Kualoa Ranch and Hawaiian Waters Adventure Park.

Finding a more comprehensive recreation area than Bellows would be impossible, and beachgoers would be hard pressed to find a place more beautiful and magical than its soft, sandy shores.

For more about events and ongoing activities at Bellows, visit the website: www.bellows-afb.com.



The soft, sandy beach at Bellows stretches for miles, and has a calm surf suitable for the entire family.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

MARCH

Today

Slam-Dunk Contest — Which Intramural Basketball Team has what it takes to be number one? Find out during the Intramural Basketball Championship game tonight at the Semper Fitness Center Gymnasium at 6 p.m. Prior to the championship game, the Slam-Dunk Contest is slated for

SM&SP



All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more about events.

Program Review
S a t u r d a y s : Oceanside Paintball lets your “inner-predator” come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m. Call for equipment rental fees.
April 13: The Spring Flag Football Classic will take place from 9 a.m. – 5 p.m. at Pop Warner Field. Teams will be 10-person with two subs, and cost is \$15 per team. Registration forms are available at SM&SP.
April 20: The Interservice Paintball Tournament will take place at the MCB Hawaii Oceanside Paintball Field. Cost is \$175 per five man team; each team may have two substitutes (for seven people total).
The registration fee includes prizes and all-day air. Awards will be given to the top three teams.

Teams must register by April 18.
April 26: Participate in the Shank & Slice Tournament at the Klipper Golf Course. Awards will be given by a blind draw. You don’t have to be a pro to win big.
May 25-27: Start making plans to jet set to Molokai during Labor Day weekend. Spaces are limited.

SM&SP Benefits
Enjoy several benefits at the Klipper Golf Course, K-Bay Lanes, the Base Theater, and online at the Base Library. Call SM&SP for details.

all athletes ready to take it to the net.
Slam Dunk contestants may register on site this evening. The first 20 participants will be accepted.
For more information, call 254-7591.

30 / Saturday

Easter Egg Hunt — Peter Cottontail plans to hop down the Youth Activities bunny trail to hide Easter Eggs and treats.
All keiki are invited to attend the Youth Activities’ Easter Egg Hunt at the “C” Street Baseball Field.
Toddlers through age four will begin egg hunting at 9 a.m., and children ages seven and up will start at 9:45 a.m.
Rumor has it that the Easter Bunny will make an appearance, so bring the camera to capture the moment.
For more information, call Youth Activities at 254-7610.
Mahalo to the Youth Activities Easter Egg Hunt sponsor, Military Service Organization.

Easter Egg-Stravaganza — Every-bunny is invited to spend the afternoon at the Base Library during the Easter Egg-Stravaganza beginning at

1 p.m.
Children and parents will enjoy making Easter crafts, nibbling on holiday treats and listening to Auntie Lori as she narrates holiday stories.
For additional details, call the Base Library at 254-7624.

31 / Sunday

Bunny Brunches — Celebrate your Easter Sunday with a Bunny Brunch at the Officers’ Club or the All-Hands Fairways Club.
Both Bunny Brunches are hopping with a delicious array of entrees and desserts. Fairways will also host an Easter Egg Hunt, so make sure to have the keiki bring in their Easter Baskets.
Tickets are on sale at the door. Reservations are recommended.
For an “egg-strondinary” brunch, visit the Officers’ Club or Fairways.
For more information, call the O’Club at 254-7650 or Fairways at 254-5592.

Rockin’ at the Rocker Room — Ring in your Saturday nights at the Rocker Room. The doors will open at 6 p.m., and the party will continue until 2 a.m.
Plenty of pupus, bil-

liards and dancing all happens every Saturday night at the Staff NCO Rocker Room. Call 254-5592 for more information.

1 / Monday

April Fools — Don’t be a fool this April Fools’ Day, register now for the on-base college classes beginning in April.
It’s never too late to start or finish your degree. Make an investment in your future today.
Each week, the Joint Education Center located in Bldg. 216 offers an introductory course providing an overview of college benefits for military personnel and their family members. Don’t put it off any longer.
For more information regarding your education opportunities, call 257-2158.

FBI Special Agent Brief — If you’ve ever wanted to join forces with the FBI, you must not miss this brief held in Bldg. 267, Room 2, from 9 – 11 a.m.
Guests will gain the FBI Special Agent inside track. The entry level salary for a special agent is \$39,204 with additional compensation of \$9,801 for overtime (plus locality pay).
Reservations are re-

quired.
For more information, call 257-7790.

2 / Tuesday

Bundle-of-Joy — Oh, the joys of parenthood. Can you ever be truly prepared?
Don’t answer that. Just attend the next free Dad’s Baby Boot Camp & Mom’s Basic Training class held Tuesday and Wednesday in Bldg. 216 from 8:30 a.m. – 4:30 p.m.
Briefs covered during this two-day diaper derby include third trimester birth preparation, infant care, post-natal resources and more.
Seating is limited and reservations are required.
For more information, call the Marine New Parent Support Program at 257-8803.

4 / Thursday

Welcome Wagon — Aloha and welcome to Hawaii. All new base military personnel and their family members are invited to attend the New Arrivals Orientation, at the Base Theater from 7:30 – 11:30 a.m. Many base and MCCS keynote speakers will present information, resources and recreational opportunities.
Located outside the the-

ater, the lobby will showcase the Information Station featuring free coffee and donuts with representatives from GEICO Insurance, AT&T, VoiceStream Wireless and the Navy & Marine Corps Relief will hand out literature and keepsakes.
Make the most of your tropical tour.
For more New Arrival Orientation information, call Marie Jesus at 257-7788.

5 / Friday

A Spouses’ Celebration — It’s easy to get distracted. It’s tempting to get caught up with work, kids, and a little thing called, “life.”
Carve out a little time for you and your spouse April 5 at the Rocker Room as it hosts, “A Spouses’ Celebration,” beginning at 4 p.m.
During the free Spouses’ Celebration, all spouses arriving between 4 – 7:30 p.m. will receive a Lucky Number Ticket, good for the prize drawing at 8 p.m.
Disc jockey Brian will keep the party going all night long, and guests will enjoy plenty of free pupus.
For more information, call the Rocker Room at 254-5592.

Adults urged to help kids learn to read



Sgt. Alexis R. Mulero

Lori Zuttermeister of the MCB Hawaii, Kaneohe Bay, Base Library, is better known to local children as “Auntie Lori.” She helps introduce a love for reading to keikis such as 3-year-old Jayden Movawangyee during Storytime, Thursdays from 10 - 11 a.m.

NAPS Featurettes
Many children and adults are unable to read, and it’s important for men, women and teenagers who can do something about it, to help.

The Problem
Although very few people in the United States are truly illiterate, there are many with low literacy skills who lack the foundation they need to find and keep decent jobs, support their children’s education and participate actively in everyday life.
Between 21 and 23 percent of the adult population or approximately 44 million people, according to the National Adult Literacy Survey, fit that description.

The People Who Help
Helping disadvantaged children learn to read is an important part of a book distribution effort that teams the Scholastic Books Grants Program with Volunteers of America across the nation.
“The goal of the program is to not only give books to disadvantaged kids, but to provide activities where they can be read to and learn to read,” said Charles Gould, president of Volunteers of America.
“Sometime this year, the one millionth free book will be in the hands of a child at risk who might not have a book otherwise. Learning to read and loving books can be an important part of helping children succeed in their education and adult life,” Gould said.

“The ability to read is an important key to building a better future for many children whose families need a helping hand,” he added.
Volunteers of America is a national, nonprofit, spiritually based organization providing human service programs and opportunities for individual and community involvement. It serves more than 1.25 million people each year.
Your Part
The Volunteers of America goal is to reach the 1-million mark in books distributed to disadvantaged children, this year.
You can be part of the solution. For more information, see the website: www.VolunteersofAmerica.org.

Moview Time

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.
Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for “R” rated movies in person at the box office for children 16 years old and younger.
For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.
Please show your ID at the box office.
Phone 254-7642 for recorded info.

I Am Sam (PG13)
Snow Dogs (PG)
A Walk to Remember (PG)
A Beautiful Mind (PG)
A Walk to Remember (PG)
Brotherhood of the Wolf (R)
I Am Sam (PG13)
Collateral Damage (R)
Count of Monte Cristo (PG13)
Big Fat Liar (PG)
I Am Sam (PG13)
The Wizard of Oz (G)

Today 7:15 p.m.
Today 10 p.m.
Saturday 7:15 p.m.
Saturday 10 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.
April 5, 7:15 p.m.
April 5, 10 p.m.
April 6, 7:15 p.m.
April 6, 9:45 p.m.
April 7, 3:30 p.m.

MCCS Mission

To uplift the spirits of the Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments.
(For up-to-the-minute news about MCCS, logon to www.mccshawaii.com.)

Base Chapel

Bldg. 1090
MCB Hawaii
Kaneohe Bay

Catholic Services

| | |
|-------------------------|---------------------------------------|
| Sunday Mass | 9:30 a.m. |
| Holy Days of Obligation | 11:45 a.m. and 6 p.m. |
| Daily Mass | 11:45 a.m. (Tuesdays thru Fridays) |
| Saturday Mass | 5 p.m. |

Protestant Services

| | |
|--------------------------|---------------------|
| Liturgical Worship | 8 a.m., Sundays |
| Children’s Sunday School | 9:30 a.m. |
| Adult Sunday School | 9:30 a.m. |
| Adult Bible Study | 9:30 a.m., Sundays |
| Contemporary Worship | 11 a.m., Sundays |
| Adult Choir Rehearsal | 6:30 p.m., Tuesdays |

For more information about Protestant Adult Sunday School, contact Chaplain Rhodes at 257-3552. For more details about Adult Bible Study, call Ray Hauser at 263-3141.

All Catholic and Protestant services are located at the Base Chapel, Bldg. 1090, behind Dunkin’ Donuts.

Religious education programs are held in the new Religious Education Facility (formerly the Wiki Wiki), also in Bldg. 1090.

Contact the Base Chapel at 257-3552, for more information about programs or services.

Lawn care makes yards blossom

NAPS
Featurettes

Do you ever wonder why the grass is always greener on the other side of the fence? Maybe your neighbor understands the basics of good lawn care. According to Billy Lowe, a builder of residential and commercial lawn-mowing equipment, great lawns can spring to life when you follow these rules:

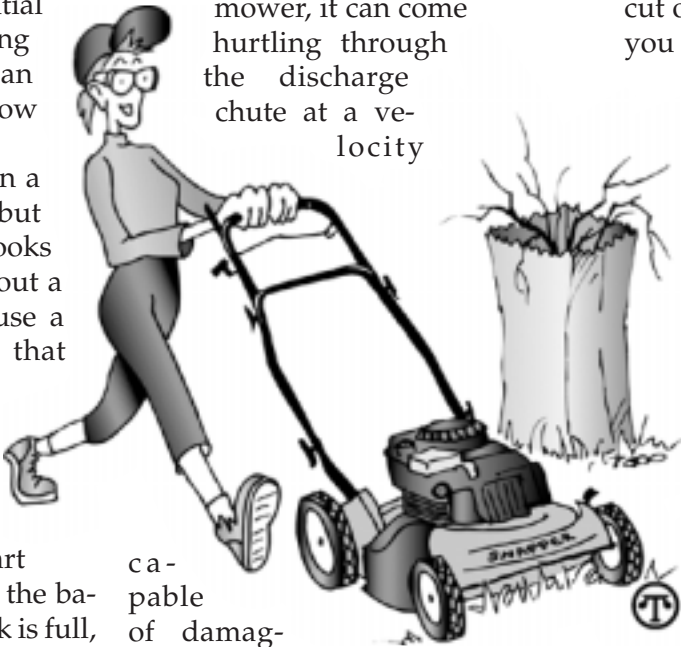
- Get ready: They come in a variety of colors and sizes, but no matter what a mower looks like, it can’t do the job without a good blade. Whether you use a regular blade or one that mulches, a dull blade will hack at your lawn and leave your grass weakened and prone to disease, Lowe says.

- Get set: Before you start the mower each time, check the basics. Make sure your fuel tank is full, your oil is at the proper level and grass, leaves or other materials are cleared away from the engine, discharge chute and blade. Tighten bolts that appear loose and make sure bagging equipment has no holes or tears.

Are *you* ready? Take a look at what you’re wearing. Your lawn-mowing uniform should consist of long pants, a shirt with sleeves (no loose-fitting items or dangling chains or strings) and hard-toe

shoes. Complement your ensemble with long hair tied back, a pair of sunglasses or safety glasses and sunscreen.

Walk the yard, make sure it is dry and check for hidden toys, rocks or other items. An object caught in the blade can not only damage the mower, it can come hurtling through the discharge chute at a velocity



ca-
pable
of damag-

ing homes or cars and injuring you or others.

After you’ve cleared the yard of objects, clear it of people and pets. Don’t risk an injury. Remove the possibility by sending those you love inside and out of the path of the mower.

Never have passengers on mowers. In addition to the obvious danger of children slipping off the

mower or distracting the operator, children who ride on mowers lose their fear of mowers and consider them to be toys, not power equipment.

- Go: Make a pass with your mower and then check how much you are cutting off. The rule is, only cut one-third of the blade each time you mow. Grass, like any plant, makes food through its leaves. If there is not enough leaf (or, in the case of grass, blade) left the plant must struggle to make food to feed its roots.

Speaking of food, why remove a great source of nutrition for the lawn by bagging? Finely chopped particles of grass can provide much-needed nutrients for the lawn. Mulching grass cuts trash-hauling, keeps bags of grass out of overflowing landfills, cuts down mowing time and feeds the lawn. Lowe recommends bagging grass only at the beginning and end of the mowing season, when it is more likely to be damp and heavy, or to discourage weed reseeding when dandelions and other weeds are at their height.

Finally, Lowe advises, don’t get into a mowing rut. Change directions each time you mow, moving horizontally, vertically and diagonally to keep your yard rut-free.

Follow these simple rules and your lawn will be the envy.

Worth Repeating: *“The invariable mark of wisdom is to see the miraculous in the common.”* —Ralph Waldo Emerson

WORD TO PASS

Get Tax Assistance

All active duty and retired military members and their families may receive free electronic tax filing at the MCB Hawaii Tax Center. Open from 7:30 a.m. to 4:30 p.m., Mondays, Tuesdays, Thursdays and Fridays, and from 7:30 a.m. to 6 p.m., Wednesdays, the Tax Center will be available until the filing deadline, April 15.

Bring your tax package and label with you, all pertinent forms, a copy of last year’s federal and state returns, your bank’s routing transit number (RTN), your account number, any necessary powers of attorney and your military I.D.

The Tax Center is located in Bldg. 455, next to the 7-Day Store on Lawrence Rd. at Kaneohe Bay.

Walk for Diabetes Set

To help raise money for diabetes research and public education, the American Diabetes Association has organized its 3rd Annual Chevron Hawaii Walk for Diabetes at Kapiolani Park, Saturday, March 30.

Registration opens at 7 a.m., and the walk begins at 8 a.m. Walkers will complete a distance of 1.8 or 2.3 miles around the park, located in Waikiki across from the Honolulu Zoo.

Monetary donations are sought; over \$50 makes you eligible for thank you gifts, T-shirts, Chevron gift certificates and other great prizes.

A host of bands and a keiki fair will entertain the crowd after the walk.

Registration forms can be picked up at participating Chevron dealers, Longs, Star Markets, Times and KTA Super Stores.

Call 947-5979 for more information, or visit <http://diabetes.org/walk>.

Apply for Scholarship

The Marine Corps Scholarship Foundation is looking for students who qualify for Academic Year 2002-2003 scholarships.

You may be eligible, if you meet three parameters.

(1) *You are:*

- the son or daughter of a Marine on active duty or in the reserves;
- the son or daughter of a former Marine or reservist who received an honorable or medical discharge, or who was killed while on duty;
- or, the son or daughter of an active duty, reserve, or former corpsman who is serving or has served with Marines.

(2) *You must also be*

- a high school senior,
- a high school graduate,
- currently enrolled as an undergraduate at an accredited university,
- or currently enrolled at an accredited vocational or technical school.

(3) *Your 2001 family income must be less than \$49,000*

Qualifying students may obtain an application packet by visiting www.marinescholars.org or writing to Marine

Corps Scholarship Foundation; P.O. Box 3008; Princeton, NJ 08543-3008.

The application deadline is Monday.

Hale Koa Hosts Magic Shows, Giveaways

- April is the month of the military child, and the Hale Koa Hotel in Waikiki invites all keiki to special Magic in Paradise Shows April 2, 9, 16 and 23.

The Hale Koa will offer discounted admission, door prize drawings and free gifts to each child under 12 years old. The ticket price includes its all-you-can-eat buffet, the show and gratuity.

Call the Activities Desk at 955-0555 for more details.

- In honor of Hawaii Military Appreciation Week (in May), the Hale Koa Hotel will host a Salute to the Military Luau offering both a grand prize giveaway and discounted ticket prices.

Your ticket to the luau includes an exciting show, a sit-down dinner, gratuity and one exotic cocktail or two standard drinks.

A trip for two to the Big Island, including airfare and two nights in a deluxe cabin at Kilauea Military Camp — located in the heart of Hawaii Volcanoes National Park — will be the grand prize at the Monday, May 20 luau.

Ticket sales begin April 16. Call the Activities Desk at 955-0555 to make reservations.

(The Hale Koa is one of many events held during the annual Military Appreciation Week in Hawaii, May 17-25, which features special recognition of those who serve America through military service.)

Waikiki Aquarium Presents Series

- The Waikiki Aquarium features Hawaii-based scientists and its new, ground breaking natural history videos in its 2002 Natural History Lecture Series titled “Celebrating Biodiversity & The Shape of Life.”

Tuesday, see “Molluscs: So Much More Than Seashells”; April 9 see “Echinoderms: Extraterrestrials Among Us, Or Just Like Us?”; or April 16 see “Rise of the Vertebrates: Fishes First & Foremost.”

The series runs Tuesdays through April 16; doors open at 7 p.m. and presentations begin at 7:30 p.m.

Reservations are not required, but seating is limited. A \$4 donation is requested.

- Parents can share ocean discoveries with their 1-3 year olds this spring. Discover marine life in five weekly sessions of “Small Fry,” beginning Wednesday through May 1, which includes crafts, songs, movements and special tours of the Aquarium’s marine life exhibits, either at Session A from 8:30 - 10 a.m. or Session B from 10:30 a.m. to 12 p.m.

Pre-registration is required at \$70 for the adult and child at all five sessions.

- Enjoy a fun and educational evening mystery at the Aquarium, April 5 from 7

- 9:30 p.m. During “Mystery at the Aquarium,” meet a fishy cast of characters for some fun-filled sleuthing. Interview suspects, use the laboratory and sort through clues as you attempt to solve the puzzle.

Minimum age for this adventure is 5 years old, and youngsters must be accompanied by an adult.

Preregistration is required at \$8 for adults and \$7 for children.

- Call 440-9006 for more information about Waikiki Aquarium programs.

Windward Mall Posts Schedule

Catch one of the following free events Center Stage at Windward Mall in April.

- Monday through April 12: The 2002 Congregational Arts Competition, a nationwide competition recognizing the artistic talents of Hawaii’s youth, will be on display. Attend the Oahu ceremony awards, Thursday at 4 p.m.
- April 5: An Ohana Concert begins at 5:45 p.m., featuring traditional, old-style Hawaiian music and beautiful falsetto melodies.
- April 6 from 10 a.m. to 1 p.m.: Participate in the Keiki Injury Prevention Coalition car Seat Check in the Windward Mall parking lot facing Kam Highway. For more details, call 983-6800.
- April 6 from 10 - 2 p.m.: Enjoy the Parent/Child Fair with hands-on activities and entertainment for keikis.
- April 6 at 3 p.m.: Catch the Japan International Karate Ki center exhibition.
- April 7 from 12 - 3 p.m.: Learn why there is “No Excuse for Abuse” during Domestic Violence Awareness Day. Entertainment will be provided by Pacific Island Praise and Balloon Ministries. Call 586-9492 for more.

Enjoy Free Hiking, Camping, Hunting

Hunter education classes are being offered by the Hawaii Department of Land

and Natural Resources.

Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, rules and regulations, game care and outdoor responsibility. Attendance at two sessions is required for certification.

The next set of classes gets underway April 5 (5:45 -10:15 p.m.) and April 6 (7:45 a.m. - 4 p.m.) at the Nimitz Business Center at 1130 N. Nimitz Highway, Suite #A-152. Classes are open to anyone age 10 and older who enjoys the outdoors.

To sign up for the free class contact the Hunter Education Office by calling 587-0200.

Tripler Fundraiser Announced

Tripler’s Fisher House will host a fundraiser, April 5-6 from 10 a.m. to 6 p.m. at Tripler Army Medical Center, 315 Krukowski Road. This event will feature furniture, antiques, gifts and imported china, to name a few items up for sale.

Call 433-1291, ext. 28, for more info.

MS Walk 2002 Set

The Multiple Sclerosis Society of Hawaii is now accepting registration for teams, families and individuals to participate in this year’s MS Walk 2002, April 6 at 7:30 a.m. at the McCoy Pavilion at Ala Moana Beach Park.

Teams of 10 or more are eligible to participate. Free food and entertainment will be available for all who participate.

Register at www.National-MS-Society.org or call 532-0811 for more details.

‘Iolani Palace Provides Kama’aina Sunday

Local residents and active duty military families stationed in Hawaii can walk in the footsteps of kings and queens at any free tour of ‘Iolani Palace, offered

See WORD TO PASS, B-5



WORD TO PASS, From B-4

the first Sunday (April 7) of each month, with presentation of military I.D. and the kama’aina sticker.

Located at 364 South King Street in the heart of downtown Honolulu, the ‘Iolani Palace is the majestic symbol of Hawaii’s monarchy era, and the staff has enhanced the tour selection with a new comprehensive, 90-minute, guided Grand Tour and a shorter, 30-minute, self-guided tour, both of which include the Palace video and Galleries.

Kama’aina and active duty military families may enjoy discounted admission during regular Palace hours. Call 522-0832 to make reservations or for more information.

Veterans’ Benefits Booth Available at Ala Moana Center

The Vietnam Veterans of America, Chapter 858, will be sponsoring a Veterans’ Benefits Information Booth from 9 a.m. to 5 p.m., April 20 at the Ala Moana Center mall in Waikiki.

The Info Booth will be located on the Mall Level above Center Stage and is designed to inform all veterans in the community about their entitlements by distributing printed materials from the State Office of Veterans Services, the Veterans Administration and the Vietnam Veterans of America, Inc.

Veterans will be informed of the importance of registering with the V.A. and encouraged to keep informed of veterans’ legislative issues by joining a veterans organization of their choice.

For more details, call 1-800-882-1316 or visit www.vva.org. On Oahu, email the VVA at vvaoahu@yahoo.com or call 566-0236.

The VVA is a Congressionally-chartered veterans service organization, which is dedicated to promoting and supporting the full range of issues important to Vietnam veterans and their families through legislation, employment, education and benefits programs.

Kailua Beach Cleanup Planned

Participate in Earth Day 2002 by providing kokua at Kailua Beach, Sunday, April 21 from 9 - 11 a.m.

Coordinated by the office of Representative David A. Pendleton, the community is invited to help keep Kailua Beach a place of beauty for everyone.

Simply meet at the Kailua Beach Pavilion to kokua.

Windward Mall Sponsors Recreation

Catch any one of these ongoing activities at Windward Mall.

- Wednesdays at 6 - 9 p.m. enjoy free

chess lessons and tournaments at Center Court, sponsored by the Hawaii Chess Federation and America’s Promise. All ages are welcome. Call 586-6151 for details.

- Wednesdays through Fridays at 7:30 a.m. get fit with Luk Tung Association Exercise at Center Court. Participate for free in stretching, aerobic and flexibility programs.
- Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

All Enlisted Spouses’ Club Changes Hours

The All Enlisted Spouses’ Club Thrift Shop is now open Monday through Friday from 5:30 to 8:30 p.m.

For more information, contact AESC President Christy Knight at the Thrift Shop, 254-0841.

Navy-Marine Corps Relief Needs Volunteers

Do you want to make a difference? Do you enjoy helping others? Do you have a few free hours each week? If you answered “yes” to any of these questions, then the Navy-Marine Corps Relief Society is where you need to be.

Volunteer positions are now available for almost any area of interest. Some of the current openings are for caseworkers, receptionists, layette workers, computer and thrift shop personnel.

Caseworkers listen to requests, make decisions and disburse funds to meet clients’ needs; receptionists answer the phone, greet clients and process initial paperwork; layette workers prepare “junior seabags” for expecting parents; computer personnel provide a range of services to include data entry; and thrift shop personnel help run the store by pricing items, setting up displays or helping shoppers make their purchases.

Consider donating your time to NM-CRS. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you will meet interesting people, increase your self-confidence, build your resume and learn new job skills.


Volunteers set their own hours, and the Society reimburses for mileage and childcare.

Contact NMCRS’ Kaneohe Bay office (in Bldg. 216, the “general’s building”) at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

Disney Salutes Armed Forces

Active duty, U.S. servicemembers can enjoy free admission to any of Disney’s

Did You Know?



The word boondocks comes from the Tagalog word *bandok*, which means mountains. Tagalog is the native language of the Philippines.

U.S. theme parks or on the Disney Cruise Line, through April 30.

“Disney’s Armed Forces Salute” will honor America’s men and women who are fighting for freedom. It’s part of Disney’s commitment to support U.S. troops at home and abroad.

The program offers one complimentary, seven consecutive days ticket for the active member and up to five special, 50 percent discount tickets for family and friends of the active duty member.

All special offer tickets must be used within seven days of purchase.

Discounts, beginning at \$49 per night (plus tax), are also available for the Disney resort hotel accommodations.

All offers can be obtained at Disney theme park entry windows with a valid military ID card. For more, call (407) 939-7424.

Get Free USAA Financial Booklet

While thousands of U.S. troops have been called into action, thousands more stand ready to deploy, leaving their families to handle the daily routine.

The spouse must tackle everything from taking care of the children to paying the bills, yet USAA is able to make things easier for deployed military personnel — ensuring families aren’t fighting their own financial and legal battles back home.

Get your copy of the Deployment Guide, which offers members of the military help in arranging their personal finances before they leave home for military commitments abroad. The guide contains helpful tips on preparing financially, legally, and emotionally for separation from loved ones. Also in this booklet is a two-page checklist for important arrangements that are best made before a servicemember leaves for duty, and a list of important business and emergency contacts to complete and leave with loved ones.

Call toll-free 877-2DEPLOY or 877-233-7569 to get your free publication.

Aloha Harvest Needs Refrigerators

Aloha Harvest invites individuals and businesses to donate working refrigera-

tors and freezers of all shapes and sizes for distribution to social service agencies all around Oahu. Aloha Harvest is a non-profit organization that picks up good, leftover food and delivers it to 76 social service agencies feeding hungry men, women and children on Oahu, at no charge.

Kokua by calling Aloha Harvest at 537-6945.

Discover Kilauea Military Camp

Experience the Big Island’s rest and recreational activities at Kilauea Military Camp, located in Hawaii Volcanoes National Park.

Explore Kilauea Crater on foot or motor coach with KMC’s professionally narrated tours at the most reasonable prices. Let knowledgeable guides show you the rest of the island with the Circle Island or Hilo tour — all without the worry of driving.

For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.

Kilauea Military Camp’s renovated cottages are comfortably furnished, including a unique feature that’s rarely found in any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind!

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored guests.

Ask about KMC’s special inter-island air coupons and airline packages and the KMC airport shuttle service. Call 438-6707 for reservations. Visit the KMC website at www.kmc-volcano.com.

HOLIDAY RECIPE

Festive eating doesn’t mean more calories

NAPS
Featurettes

The challenge of sticking to a healthy diet doesn’t become automatic.

All year round, food lovers seeking a healthy balance are challenged by birth-days, holidays and impromptu feasts. However, with a little attention, it is possible to enjoy a meal such as Easter dinner without packing on the pounds.

While fighting the temptation of jelly-bean trails and chocolate bunnies, those seeking a scrumptious meal minus the calorie overload can take comfort in the fact that the traditional bone-in ham at the center of Easter dinner can fit into any diet plan.

“Without sacrificing taste and imagination, ham is an excellent choice for people who are watching what they eat,” said Jon Lewallen, director of marketing at Cook Family Foods.

“Today’s bone-in hams are trimmed

leaner than ever. In fact, in many cases, they are comparable to certain cuts of chicken and beef,” she added.

Spiral sliced ham is a great way for determined weight watchers to get protein into their diets and to delight guests with a flavorful entree at Easter dinner, Lewallen added.

Ham can be enjoyed unglazed or glazed, with little impact on the final calorie total. Glaze recipes such as the one below can be made using all-fruit preserves or sugarless jelly.

Round out the festive meal with low fat side dishes such as salad or a simple vegetable dish — and (fat free) angel food cake with fresh fruit for dessert.



NAPS

Ham is a favorite main dish for Easter dinner.

Limit chocolate bunny and jellybean intake, drink plenty of water and enjoy a brisk walk after dinner to navigate Easter temptations with ease.

To make a scrumptious ham for Easter feasting, follow this recipe.

Remember ham is a lean alternative for your holiday meal.

TANGY APRICOT GLAZED HAM

| | |
|-----|--|
| 1 | Bone-In Spiral Sliced Ham, Butt or Shank Portion or Half Ham |
| 1/2 | cup apricot preserves |
| 2 | tablespoons chili sauce |
| 2 | teaspoons prepared horseradish |
| 2 | teaspoons dry mustard |

Prepare and heat ham according to package directions.

Meanwhile, to prepare glaze, combine all ingredients in saucepan and heat gently.

Brush glaze on ham 30 minutes before meat is done.

Heat ham uncovered for final 30 minutes.

Carve ham and serve.

Crafts can serve up fun at Easter or anytime in year

NAPS
Featurettes

Ideas for creative Easter fun are “springing up” all over one award-winning Web site.

Visitors to VeryBestKids.com will discover spring and Easter activities that are easy to fit into busy family schedules. The site offers parents (with kids ages 3 to 10) a wide variety of year-round and seasonal activities.

Here are four easy ideas currently featured on VeryBestKids.com to set you hip-hopping down the holiday trail:

- **Hungry Bunny Banks.** An empty canister becomes a furry, friendly and very hungry bank for little kids.
- They’re made using pieces of felt, pipe cleaners and furry fabric for bunny whiskers, ears, eyes and noses. Kids love filling them up with coins and saving for something special.
- **Little Garden Easter Basket.** This sweet garden basket will grow into an Easter morning surprise for kids.
- Before the Easter Bunny comes, parents can help fill plastic-lined baskets with potting soil, sprinkle grass seed, and then water and watch the grass grow.
- Easter Sunday, decorate the baskets



NAPS

with seasonal candies in anticipation of the Easter Bunny’s visit.

- **Hippity-Hoppity Bunny Lunch.** Send kids off to school with a Hippity-Hoppity lunch creation. The bag alone will make a big hit. On top of that, it’s filled with everything the Easter Bunny would love: egg salad sandwiches, carrots and chocolate eggs.
- **Wild Bird Feeder.** An empty bottle, some craft paint and wild bird seed will help feathered friends get through the spring.

Parents and kids will enjoy making the bird feeder together and watching the birds as they feed from it.

It’s a good opportunity to teach kids about the birds that are indigenous to their area and observe their activities.

Get more in-depth descriptions of these activities at VeryBestKids.com website.

The intriguing new site is quickly becoming known as a one-stop resource where parents can find creative activities to enjoy with their kids, whether they have a half an hour or half a day.

VeryBestKids.com is updated every four-to-six weeks to continually provide new and fresh ideas throughout the year and for all seasons.

Simple but creative holiday activities can create cherished memories that will last a lifetime.

A black and white cartoon illustration of two men. The man on the left is holding a stack of coins and looking at the man on the right, who is holding a dollar bill and looking thoughtful. They appear to be in a conversation about money.

Did You Know?

There are 293 ways to make change for a dollar.

NAPS

NUTRITION: We are what we eat

NAPS
Featurettes

It’s been said that the way to a man’s heart is through his stomach. That’s true for many people. It’s also universal that what we eat impacts heart health.

In order to reduce your risk of heart disease, the number one killer in the U.S., the American Heart Association recommends eating a wide variety of foods while balancing calories consumed with plenty of physical activity.

The American Heart Association suggests that consumers:

- Include plenty of fruits and vegetables, which are naturally low in fat and cholesterol;
- Choose whole-grain products like oatmeal and whole-grain bread;
- Consume low-fat or fat-free dairy products; and
- Look for lean protein such as fish, skinless poultry and lean meat.

Research shows that shoppers who read labels cut nearly twice the fat from their diets as those who don’t read labels.

Yet, reading food labels can be confusing, and time-consuming.

But there is a simple solution. Look for the American Heart Association’s heart-check mark on food product packaging. The familiar red heart with the white

checkmark can help you quickly and reliably identify foods that meet the American Heart Association’s food certification criteria for healthy people over the age of 2.

In the kitchen, be sure to prepare foods using heart-healthy cooking techniques recommended in the Association’s best-selling library of cookbooks:

- Use a non-stick skillet so you can cook with a minimum of oil, or cook with vegetable oil spray.
- Cut down on saturated fat in a creamy salad dressing by mixing it with nonfat or low-fat yogurt.
- Roast vegetables in a hot oven to caramelize their natural sugars and bring out the flavor.
- Grill or broil instead of frying.

To find out if your diet is “cutting the mustard,” check out the Nutrition Calculator at MyHeartWatch.org. The American Heart Association’s free Web site gives users a comprehensive diet and nutrition tracker that lets them find out the exact nutritional content of specific foods and see how closely they’ve come to meeting nutritional goals.

You can change your dietary habits to help improve your health and reduce your risk of disease.

For more information, visit american-heart.org.

DEPLOYMENTS: Understand what’s happening

Kim Gates
Personal Services, MCCS

When you ask most military members what they think of deployments, you will get a variety of typically negative and sometimes colorful responses. Most of them see them as “just part of the job.” Yet, what many fail to realize is that they are also a major event in their lives, as well as the lives of those around them.

Although separation brings added stress and anxiety, it can also bring about a newfound sense of responsibility, pride and self-esteem.

During a deployment — whether it is your first or twenty-first — things will happen both good and bad, and those who experience a deployment will, to some degree, be forever changed.

A recent look at the Family Advocacy Program and the Substance Abuse Counseling Center statistics shows a case-load increase during times of significant change. One explanation may be the enormity of things to consider, which can be overwhelming.

Let’s face it. You have to remember everything from wills, powers of attorney and split pay options, to car maintenance, home repair and how to get two children to two different practices at the same time. The one leaving may feel irresponsible and the ones left may feel deserted.

“The key,” Arlene McCormack, Family Advocacy program manager says, “is communication. You have to be able to really say what you are feeling.” Most discussions are on the surface level about the details of

taking care of business, but you need to dig deeper and be aware of how you are feeling as well.

These feelings don’t start on the day of the deployment, and they do not magically disappear once the plane lands either. There are different distinct stages to the emotions that are experienced.

Stage One: Anticipation of Departure

The first stage in the emotional cycle of deployment is called the Anticipation of Departure stage. This occurs usually between one to six weeks beforehand, but can start to happen as far out as a year, especially if the deployment happens during times of special events such as holidays, anniversaries and pregnancies. Couples may try to make these events “more special” because they will be separated when the event comes around.

Time is of the essence in this stage. It becomes a period of “let’s squish as much as we can into the little time we have left.” Tensions run high while we attempt to push 10 pounds of stuff into a 5-pound bag, by tenaciously trying to fix everything, do everything, see everyone and spend “quality time” together.

The family places extra pressure on itself because it feels that it is “making memories.”



Sgt. Alexis R. Mulero

When Marines and Sailors pack up their gear for a deployment, they also prepare their families for the ensuing separation.

Stage Two: Detachment and Withdrawal

This stage usually occurs about the last week before departure. Anger and emotional meltdowns may begin as people prepare for break-off. Sometimes tears will flow for no apparent reason, and fights over work hours, dirty clothes and empty toilet paper rolls may erupt.

So, why would we fight like cats and dogs just before we are going to be separated? Well, seasoned spouses who have been through a deployment (or two) will tell you, “It is a whole lot easier to put someone on a plane who we are not getting along with, vice someone that we can’t live without.”

Stage Three: Emotional Disorganization

This stage can last up to six weeks into the deployment.

As both parties attempt to establish a new sense of normalcy, feelings of inadequacy may be

felt. The spouse left behind may be asking “How in the world do you expect me to work when I have to take care of not only all of the functions in the house, but now the yard work, car maintenance, kids’ practices and doctor’s appointments too? And don’t even ask me to volunteer for anything at school or with the unit!”

The deployed spouse may be asking “What could I have taken care of better before leaving and what kind of a person am I to leave things undone.”

Some spouses may now feel apprehension with the change in finances, possibly having to manage a checkbook for the first time. Some may even decide that they need to reenter the workforce, which leads to stressors about everything from resumes and interviews to childcare. Guilt may also creep up as we remember all of the not so nice things that were said.

Stage Four: Recovery and Stabilization

This is the time when logistical things settle down. This usually occurs between three and five weeks into the deployment.

Routines begin to return to the home front. Communication still plays an integral role because the spouse at home may

tell of all of the things that are done in an attempt to say “Hey, we are fine, don’t worry.”

What may be heard on the other side is “I am not needed.” On the other hand, the deployed spouse may be excited sharing new experiences and sights, so what the other hears is, “You are not exciting anymore.”

An adopted support system of neighbors, friends, co-workers and family plays an integral role in daily functions. According to McCormack, this can possibly lead to “feelings of resentment by the deployed spouse as the spouse doesn’t feel needed and may even worry that things are being taken care of better now than when they were home.” For others, the pressure of taking care of everything weighs too high.

Roger O’Guin, the Substance Abuse Counseling Center manager, says, “...Alcohol becomes an anesthetic to help some deal with unsettled feelings.”

Unfortunately, these types of solutions only intensify issues; they do not “cure” the problems that we may be facing.

Stage Five: Anticipation of Return

The butterflies in the stomach stage usually starts about six weeks before the return. Excitement and anxiety become a normal feeling.

Diets begin, houses are scrubbed and vehicles that haven’t seen a sponge in months suddenly get detailed. Everything has to be perfect — right down to the “welcome home banner” hanging from the house.

Along with the excitement

See DEPLOYMENTS, B-8

DEPLOYMENTS, *From B-7*

comes apprehension. Did I change too much, will the kids behave, did I spend too much money are just some of the questions being asked.

Each person has a vision of what will happen at the moment of reunion and is making plans on what to say and what to do. The search for the perfect homecoming outfit may be in full swing.

Stage Six: Return Adjustment and Renegotiation

Just after the reunion, and for a period of up to six weeks is when Return Adjustment and Renegotiation occurs. During this stage, life can be very confusing.

On one hand the family is elated that the deployment is over; yet, personal independence is lost again. One person feels like an outsider and the other feels like there’s an intruder in the home.

Tension is high and arguments may happen as daily duties are reevaluated and routines are reestablished.

Even the children need time to get used to the attention and discipline of two parents again.

Both parents may have had visions of living happily ever after, forgetting that any issues that were unresolved before the deployment will still be there when it is over.

Realizing that changes have occurred and remembering to communicate openly will help to build life skills necessary for future deployments.

Stage Seven: Reintegration and Stabilization

After about six to twelve weeks is when Reintegration and Stabilization takes over. The household moves from thinking of “me” back into the thinking of “we.” Lives take on a normal feeling, and families feel in control again even though they may be playing different roles than before the deployment.

Available Help

So, how can you prepare yourselves for deployment? Ask questions, and remember that you are not alone.

Personal Services has many programs available to you.

- *Do you need to talk about the emotions and fears going on?* Counseling Services is there for you and your family with confi-

dential support and counseling.

- *Need tips on all of the how to’s of military life?* The Marine Corps Family Team Building Program offers the Key Volunteers program, which is the only direct link between the command and the families. The L.I.N.K.S. program offers support and information from seasoned spouses to other spouses.
- *Having trouble dealing with alcohol or drug issues?* The Substance Abuse Counseling Center offers assistance to get you back to being healthy.
- *Do you know that you will be moving or getting out upon your spouses return?* The Relocation and Transition Assistance Program can help you prepare while your spouse is deployed.

Marie Jesus, of the relocation program says, “We have gone as



Sgt. Alexis R. Mulero

When a spouse is deployed, the other partner temporarily becomes a single parent.

resumes, interviewing techniques and job databanks.

- *Are you expecting a baby and are afraid to “do it alone”?* The Marine New Parent Support Program offers preparation workshops, home visitations and parenting classes.
- *Need assistance with money issues?* Our Personal Financial Management Program can help with checkbook management, budgets and individual counseling.
- *Is childcare going to be a big concern?* The Children Youth

and Teen Programs offers assistance in childcare placement, youth activities and things to keep the teens busy.

- *Don’t know what to do with all of your free time?* Take a look at the Joint Education Center for college classes, or maybe our Volunteer Program is what you need to gain job skills and make friends.
- *Looking for a good book or Internet access?* Check out what there is to check out at the Library. Storytime for children is also available.
- *Got a question and don’t know where to start looking for answers?* Our Information and Referral Program has a wealth of base, island and mainland information. Whatever the topic, Personal Services is there for you with an answer, a resource or simply an ear to listen. Just remember that what you are going through is normal and that you have a wonderful support system available at MCB Hawaii.

For more information or questions, contact Kim Gates at 257-7786 or 7787.

(Editor’s Note: Keep an eye out for future articles on “Helping Children Understand Deployments” and “What to do With Myself.”)